

WEST DEPTFORD HIGH SCHOOL ATHLETIC DEPARTMENT



STUDENT-ATHLETE HANDBOOK

2014-2015

Jason Morrell
Asst. Principal Athletics & Activities

Clyde Folsom
Asst. Athletic Director

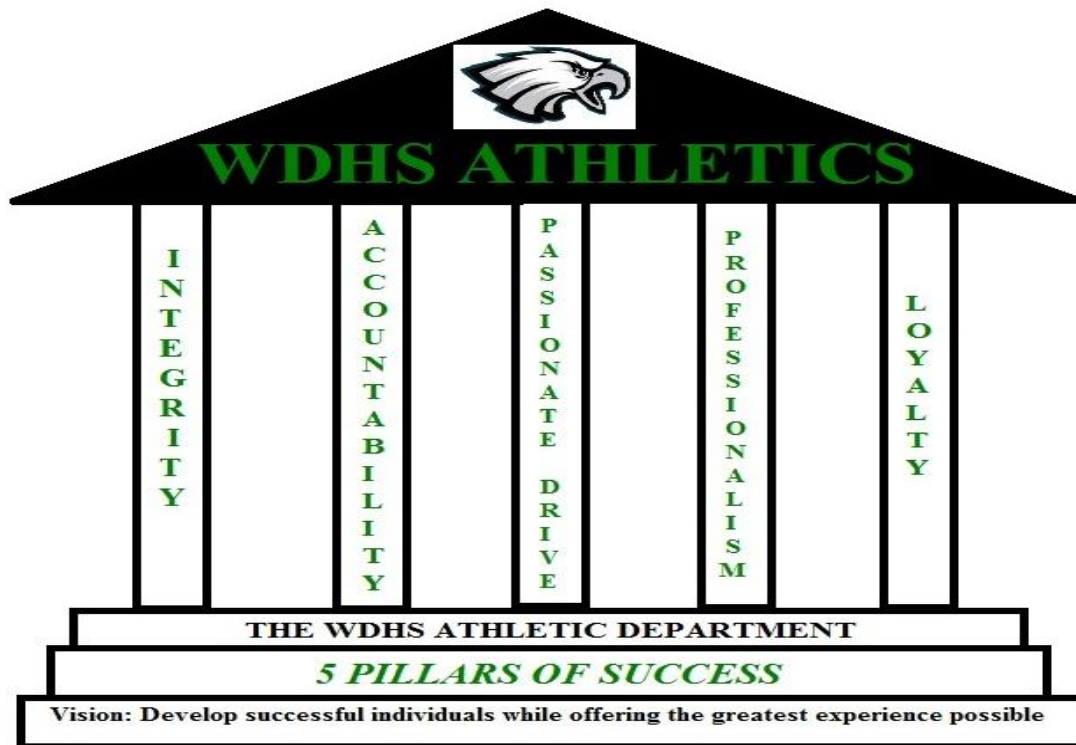
Kimberly Danze
Administrative Assistant

Joseph Panchella
Athletic Trainer



Mental Conditioning

EAGLE ATHLETICS PHILOSOPHY



I. INTEGRITY

- a. **WE** present ourselves as a proud unit, confident and committed to our system of belief
- b. **WE** conduct ourselves in a responsible way when all eyes are on us AND when no one's watching

II. ACCOUNTABILITY

- a. **WE** are responsible for our actions and words
- b. **WE** understand that each and every decision/action has a result/consequence, positive or negative

III. PASSIONATE DRIVE

- a. **WE** live and compete with **INTENSITY, COMMITMENT** and **CONSISTENCY**

IV. PROFESSIONALISM

- a. **WE** dress/act with a first class level of self respect and presentation
- b. **WE** speak to others and articulate ourselves with respect
- c. **OUR** level of preparation is second to none

V. LOYALTY

- a. **WE** genuinely support one another and each program in the department
- b. **WE** communicate honestly **EARLY & OFTEN**
- c. **WE** use the Vision and the Pillars of Success as the foundation for decision making



Mental Conditioning

EAGLE ATHLETICS

GOALS

I. Establish ourselves as top notch STUDENT-ATHLETES

- a. Earn Honor Roll status
- b. Earn an individual GPA above 3.0
- c. Earn a Team GPA above 3.0
- d. Be leaders in the classroom through positive participation and interaction
- e. Make the WDHS “ALL ACADEMIC TEAM” Board

II. Exhibit a 1st Class ATTITUDE in all aspects of life

- a. Act with self respect and respect of others regardless of the situation
- b. Be in the RIGHT place, at the RIGHT time, with the RIGHT people, making the RIGHT decisions
- c. Participate in at least three school/community service projects throughout the year

III. Exude a RELENTLESS mindset

- a. Make HARD WORK and SELF DISCIPLINE a daily priority
- b. Be the first student in to class and positively participate as often as possible on a daily basis



EAGLE ATHLETICS

ACADEMICS

GRADE-POINT AVERAGE

How Your Core-Course Grade-Point Average is Calculated

The clearinghouse will calculate the grade-point average of your core courses on a 4.000 scale. The best grades from your NCAA core courses will be used. Grades from additional core courses you took will be used only if they improve your grade-point average.

The clearinghouse will assign the following values to each letter grade:

A – 4 points C – 2 points

B – 3 points D – 1 point

Special High-School Grades and Grade-Point Average

If your high school uses number grades (like 92 or 93), those grades will be changed to your high-school's letter grades (like A or B). See your high school's grading scale at www.ncaaclearinghouse.net.

If your high school uses plus and minus grades (like A+ or B-), the plus or minus will not be used to calculate your core-course grade-point average.

If your high school normally "weights" honors or advanced course, these weighted courses may improve your core-course grade-point average. Your high school must notify the clearinghouse of such weighting. To see if your high school has a weighted scale that is being used for calculating your core-course grade-point average, visit <http://www.ncaaclearinghouse.net> for an explanation of how these grade weights are handled.



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EAGLE ACADEMICS (cont'd)

Sliding Scale A		
Use for Division I prior to August 1, 2016		
NCAA DIVISION I SLIDING SCALE		
Core GPA	SAT	ACT Sum
Verbal and Math ONLY		
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

Sliding Scale B		
Use for Division I beginning August 1, 2016		
NCAA DIVISION I SLIDING SCALE		
Core GPA	SAT	ACT Sum
Verbal and Math ONLY		
3.550	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	60
2.700	740	61
2.675	750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840	70
2.425	850	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.299	910	76
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	81
2.125	970	82
2.100	980	83
2.075	990	84
2.050	1000	85
2.025	1010	86
2.000	1020	86

For more information, visit the NCAA Eligibility Center website at www.eligibilitycenter.org.



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EAGLE ACADEMICS (cont'd)

NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



Eligibility Center

Divisions I and II Initial-Eligibility Requirements

Core Courses

- **NCAA Divisions I and II require 16 core courses.** See the charts below.
- **NCAA Division I will require 10 core courses** to be completed **prior to the seventh semester** (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the start of the seventh semester and cannot be retaken for grade improvement.
 - *Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.*

Test Scores

- **Division I** uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- **Division II** requires a minimum SAT score of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the following four sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

Grade-Point Average

- **Be sure** to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- **Division I** students enrolling full time **before August 1, 2016**, should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year.
- **Division I** GPA required to receive **athletics aid and practice on or after August 1, 2016**, is 2.000-2.299 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- **Division I** GPA required to be eligible for **competition on or after August 1, 2016**, is 2.300 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- **The Division II** core GPA requirement is a minimum of 2.000.
- Remember, the NCAA GPA is calculated using NCAA core courses only.

DIVISION I 16 Core Courses

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II 16 Core Courses

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).



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EAGLE ACADEMICS (cont'd)

2016 Division I New Academic Requirements



Eligibility Center

*The Initial-Eligibility Standards for NCAA Divisions I and II
College-Bound Student-Athletes are Changing*

Division I

College-bound student-athletes first entering an NCAA Division I college or university on or after August 1, 2016, will need to meet new academic rules in order to receive athletics aid (scholarship), practice or compete during their first year.

What are the New Division I Requirements?

Full Qualifier	Academic Redshirt	Nonqualifier
Complete 16 Core Courses: <ul style="list-style-type: none">• Ten of the 16 core courses must be complete before the seventh semester (senior year) of high school.• Seven of the 10 core courses must be in English, Math, or Science.	Complete 16 core courses.	Does not meet requirements for Full Qualifier or Academic Redshirt status.
Minimum Core-Course GPA of 2.300.	Minimum Core-Course GPA of 2.000.	
Meet the sliding scale requirement of GPA and ACT/SAT score.*	Meet the sliding scale requirement of GPA and ACT/SAT score.*	
Graduate from high school.	Graduate from high school.	

* To view the sliding scales, please click [here](#).

Full Qualifier: A college-bound student-athlete may receive athletics aid (scholarship), practice and compete in the first year of enrollment at the Division I college or university.

Academic Redshirt: A college-bound student-athlete may receive athletics aid (scholarship) in the first year of enrollment and may practice in the first regular academic term (semester or quarter) but may NOT compete in the first year of enrollment. After the first term is complete, the college-bound student-athlete must be academically successful at his/her college or university to continue to practice for the rest of the year.

Nonqualifier: A college-bound student-athlete cannot receive athletics aid (scholarship), cannot practice and cannot compete in the first year of enrollment.

Examples

Q: A college-bound student-athlete completes nine core courses prior to the seventh semester of high school. What is the college-bound student-athlete's initial-eligibility status?

A: The college-bound student-athlete cannot be certified as a qualifier because only nine of the 10 required courses were completed before the seventh semester. He/she would be permitted to practice and receive aid (scholarship), provided he/she presents 16 core courses and meets the necessary core-course GPA and test score requirement at the time of graduation.

Q: A college-bound student-athlete completes 16 core courses in the required framework with a 2.200 core-course GPA and a 79 sum ACT. What is the college-bound student-athlete's initial-eligibility status?

A: The college-bound student-athlete is an academic redshirt under the new sliding scale because the minimum GPA requirement is 2.300. See sliding scale, please click [here](#).

Q: A college-bound student-athlete completes 15 core courses with a 2.500 core-course GPA and an 820 SAT score (critical reading and math). What is the college-bound student-athlete's NCAA initial-eligibility status?

A: The college-bound student-athlete is a nonqualifier because only 15 core courses were completed, not the required 16 core courses.

For additional information on these requirements, please visit www.eligibilitycenter.org.



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EAGLE ATHLETICS

COLLEGE PLANNING

****COLLEGE PLANNING STARTS ON DAY 1 OF YOUR ENTRANCE INTO
WEST DEPTFORD HIGH SCHOOL****

*Take a challenging academic load. Take courses that will be helpful and prepare you for the college experience.

*Develop a rapport with your guidance counselor and stay in close contact with your counselor, particularly during your junior and senior year.

*Explore information available in guidance concerning college visits, scholarships and special programs.

*Look for colleges that match your academic and athletic abilities. (Be realistic) Ask your coach to evaluate your ability and provide input into good matches.

*Attend college nights or college fairs.

*Visit colleges that interest you during the summer.

*Gather information about college admission requirements. Look for schools with academic programs that interest you.

*Ask your coach for college recruiting information and the desire to have your name supplied when coaching correspondence is received.

*Investigate financial aid opportunities where applicable.

*Involve your family in your decision.

*Get all college applications out by the fall of your senior year. (This includes getting teacher and coach recommendation letters, so ask early and respectfully remind)

*Take pride in your academic record!! Keep in mind colleges will be evaluating you as a person as well as a student/athlete, so your conduct in and out of school is important!!



COLLEGE PLANNING

RECRUITING TIPS

(Written by: Bucknell University Head Coach Joseph Susan)

1. RECRUITING IS NOT A RACE, DON'T WORRY ABOUT THE OFFERS SOMEONE ELSE HAS

2. Do work for yourself, make phone calls, send emails and create videos or video links, it shows us responsibility on your part

3. Your high school coach will not get you a scholarship, your talent as a student-athlete will

4. **Your high school coach will be honest** with you and with college coaches, they want what is best for you

5. The more game footage we see the better we feel about our evaluation of your talent as a student-athlete

6. A highlight film is important, please back it up with game footage

7. **Include your academic information** on anything you send to us, **GPA** and **TEST SCORES** are what we need. Be honest about this information it is critical to this process.

8. Be the best student you can be, challenge yourself with the courses you take

9. Tak the **SAT** and or **ACT** early and repeat it at least two times

10. Don't jump between tests; take one or the other, you will improve by test familiarity

11. Sign a transcript release form in guidance so we can access your unofficial transcript

12. Many high schools do not include **SAT/ACT** info on transcripts, have copies that you can provide to us

13. There are specific times during the year when we can call you or return a call, be aware of them as many times when student-athletes or their parents call and leave a message to return the call, we can't

14. See as many schools as you can. Go to games and visit campuses in the spring, understand these are unofficial visits

15. Call the schools prior to your visit so we know you are coming

16. Be selective about your camp schedule, one day camps are the best for rising seniors

17. Go to camps at schools that have shown an interest in you, where there will be coaches from a variety of schools and where you will learn the game; **IN THAT PRIORITY ORDER**

18. Be careful about combines, college coaches cannot attend them

COLLEGE PLANNING



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RECRUITING TIPS (cont'd)

- 19. Be first in line in camps, that means a lot
- 20. Compete in camps, one on ones are a great indicator of who you are
- 21. Your senior year performance is critical to your future success as a STUDENT-ATHLETE**
- 22. Remember an offer is only an offer if it is in writing**
- 23. Once an offer is made it does not last forever, you will need to make a choice and at times schools fill up without you knowing it
- 24. Remember that the word “**commitment**” has special meaning, we take it seriously, “soft, silent, partial” really do not fit in well with a word as strong as **commitment**
- 25. Use the knowledge and experience of your parents, your siblings and your coaches and teachers; they have the advantage of having been there already
- 26. Enjoy the process, don’t let it overwhelm you**
- 27. Pick the school where you will thrive as a student, as a player, and more important; **AS A PERSON**
- 28. Be thorough in your search, ask questions,
- 29. Be careful to listen to hear what College Coaches are telling you, sometimes it’s not what you think you hear.
- 30. Be a good filter when it comes to hearing college recruiters, everyone has their own method of recruiting, you do it once, we do it every year
- 31. Be very cautious about recruiting services that tell you they will get you a scholarship, they charge you and have their best interests in mind.**
- 32. When it comes down to it.....**YOU GET YOU RECRUITED**
- 33. Enjoy being in High School. It is one of the best experiences in your life.**



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COLLEGE PLANNING

RECRUITING PROCESS PROTOCOL

1. Student-Athlete communicates plans to participate in athletics at the collegiate level.
 - Head Coach, student-athlete and parent discuss realistic opportunities for the student-athlete and the steps necessary to achieve those opportunities.
2. College Coach makes initial contact with Head Coach or Student-Athlete
OR
Student-Athlete makes initial contact with College Coach
3. Upon initial contact ALL parties are notified and, if it has not already happened, college coach should be put into contact with high school Head Coach to discuss the student-athlete.
4. ALL parties shall make decisions as to whether or not a college coach should visit.
5. If it is decided that college coach should visit, ALL parties must be made aware of the date and nature of the visit.
 - Does the recruiter want to see a game or practice?
 - Does the recruiter want to visit with teachers, guidance counselors or assistant coaches?
6. The school shall be notified by at least one party involved of a visit to the school
 - There are times when recruiters may be in the area for a “General Recruiting Trip” and may not plan to see any specific player. This may lead to an unannounced visit.
 - When an unannounced visit takes place the Head Coach may or may not be available. In the case that the Head Coach is not available the recruiter will be directed to the Athletics Office to meet with the Athletic Director and exchange information which will then be forwarded to the Head Coach.
 - It is expected that the Head Coach will contact the recruiter to confirm whether or not they have a student-athlete who is a fit for their school and program.
7. A Head Coach at West Deptford High School will never guarantee playing time to a student-athlete.



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EAGLE ATHLETICS

Conference Alignments

COLONIAL CONFERENCE DIVISIONS

(B's & G's Cross Country/Field Hockey/Football/B's & G's Soccer/B's & G's Tennis/B's & G's Basketball/Wrestling/Golf/Baseball/Softball/B's & G's Track)

LIBERTY	PATRIOT
Audubon	Gateway
Collingswood	Haddon Heights
Haddonfield	Haddon Twp.
Overbrook	Lindenwold
Sterling	Paulsboro
West Deptford	Woodbury

OLYMPIC CONFERENCE DIVISIONS

Bowling

NATIONAL DIVISION
Bishop Eustace
Collingswood
Lindenwold
Penn Tech
West Deptford

Girls Lacrosse

FREEDOM DIVISION
Collingswood
Gateway
Gloucester Catholic
West Deptford
Woodstown

Boys Lacrosse

NATIONAL DIVISION
Bishop Eustace
Camden Catholic
Gloucester Catholic
Paul VI
West Deptford
Woodstown

Cheerleading, Swimming, Winter Track are independent



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EAGLE ATHLETICS

POLICY

Transportation of Athletes

Activity Bus

An activity bus leaves the school grounds at 3:15 p.m. and 5:15 p.m. There is no guarantee that practices will end on time for athletes to take this bus. All athletes are required to make transportation arrangements that result in a timely pick up no more than 1/2 hour after practice ends.

Student Pick Up

At West Deptford It is strongly suggested that parents who are coming for their student athletes anticipate approximate times for pick up. It can be difficult to be accurate in this approximation, but being early and waiting is better than waiting at home for a phone call. Remember, coaches have to wait until the last athlete from their program vacates the property.

Student Pick up at Away Games

Although we encourage student athletes to ride the team bus back from away games, it sometimes becomes necessary for parents to drive their student/athlete home. In those rare instances, you and your child should adhere to the following procedure:

- a. Write a note explaining the need for pick up;
- b. Student brings the note to the Athletic office to be reviewed and approved by the Athletic Director.

(The note should be presented at least one day prior to the game)

- c. The note will then be copied and passed on to the coach

State law does not allow anyone but the parent to transport a student. Remember, this concerns your child's safety!



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EAGLE ATHLETICS

RULES & REGULATIONS

These rules and regulations are established with the intention of maintaining the goals and values of West Deptford High School and West Deptford High School athletics. The rules and regulations below are designed to reinforce our philosophy.

SOCIAL MEDIA POLICY

With the advancement of technology and social media it is important that we create boundaries and guidelines for usage of these resources so as to ensure that our athletes, our families and our school community do not succumb to embarrassment, scandal or any other type of negative publicity.

Using social media is your choice, however with that choice comes responsibility. Resources include:

- Facebook
- Twitter
- Email
- Text
- Vine
- My Space
- Instagram
- Any other social media resource

If you choose to use social media to:

- Record illegal acts
- Bully, intimidate or embarrass another person or group of people
- Post racist or inappropriate remarks
- Incite fighting or violence
- Type profanity or slang that may be offensive
- Any other form of negativity

Colleges, universities and businesses across the country have tightened their accountability measures on social media to ensure that they are recruiting people with a high character and high sense of standards. **This program expects exactly the same.**

****Substantiated infractions of Social Media misconduct could lead to team and/or school disciplinary action. (See Student-Handbook. Conduct & Discipline)***

****Subsequent substantiated infractions of Social Media misconduct could lead to expulsion from the athletic program.***



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EAGLE ATHLETICS

RULES & REGULATIONS

ATTENDANCE

Student-athletes must be in school no later than 1 ½ hours after their prescribed start time and must remain in school for the remainder of the day to be eligible to participate in practice or games. (If you have questions regarding legitimate absences, please contact the athletic director's office or attendance office.)

GROUND FOR EXPULSION

Any attitude or behavior that is considered by the disciplining administrator to be detrimental to the ethical principles of the team or reflects poorly on West Deptford High School or the West Deptford High School athletic program;

Subsequent substantiated infractions of Social Media misconduct could lead to expulsion from the athletic program.

Severe hazing (if deemed beyond scope of suspension)

Involvement in theft

Testing positive for drug use a second separate time (365 days)

GROUND FOR SUSPENSION

Flagrant violation of team rules (i.e. but not limited to fighting, insubordination)

Instances of insubordination or disrespect toward a teacher as recommended by the disciplining administrator

Hazing of a fellow athlete. (Severe cases may rise to level of expulsion)

Day(s) in which a student is fulfilling out-of-school or in-school suspension.

This means any student on out of school or in-school suspension will not be permitted to participate in any activity or event on that day or night.

Substantiated infractions of Social Media misconduct could lead to team and/or school disciplinary action. **(See Student-Handbook. Conduct & Discipline)**

Any other minor situation that coach or administrator feels is necessary

8 point discipline rule: An athlete is ineligible for 20 days. **(See Student Handbook)**

Any use of, possession or distribution of alcoholic beverages and drugs.



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EAGLE ATHLETICS

RULES & REGULATIONS

GROUND FOR SUSPENSION (cont.)

Testing positive (during random testing) for drug use makes an athlete ineligible to participate until test results prove negative (minimum of 15 days)

Testing positive during the course of imposed drug testing will be regarded as a second infraction and as per BOE Policy will result in the aforementioned 365 day suspension from WDHS athletics.

In accordance with BOE Policy the student athlete will be subject to suspension; not less than 15 days, and upon serving initial suspension he or she will not be permitted to participate in any scheduled contests for an additional 15 day period.

During this time frame, the student/athlete will be permitted to practice with the team while adhering to all other conditions (which may include drug testing).

Coaching Rule Violation – Curfew/Conduct Breach

Tier 1: Substantiated Infraction of Coaching/Team Rule that violates team policies & warrants penalty of up to 15 day suspension with possible subsequent 15 day practice period. (no game action invoked)

Tier 2: Substantiated Violation of Coaching/Team Rules that necessitates expulsion from squad as conduct unbecoming of a West Deptford Student-Athlete.

SUMMER RECESS & PARTICIPATION GUIDELINES

West Deptford High School athletes may participate in more than one sport. These multiple sport athletes will also be participating in "Summer Recess" activities (from the day after the last spring NJSIAA event through the summer calendar up to the first sanctioned day of fall practice in August) for more than one sport. It will be the West Deptford High School Athletic Policy that such athletes will communicate their availability to participate in Summer Recess in a timely manner following the formal coaches meeting held by each sport in June. The coaches recognize that multiple sport athletes may very well not be able to attend all Summer Recess activities for their respective sport but if honest and accurate communication is initiated by the athlete these absences are excused and understandable. Athletes will be presented with Summer Recess information for each sport(s) that they participate in.



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EAGLE ATHLETICS

COMMUNICATION POLICY

STEP 1: Student-Athlete communicates problem, questions, concern with head coach during a scheduled meeting time.

STEP 2: In the case that the student-athlete/head coach meeting does not satisfy both parties the parent, student-athlete and head coach shall schedule a time to meet to discuss problem, question or concern.

STEP 3: In the case that the student-athlete, parent, head coach meeting does not satisfy all parties then a meeting between all parties and the Assistant Principal of Athletics and Activities shall schedule a time to meet to discuss problem, question or concern.

STEP 4: If Steps 1-3 do not satisfy the situation, the issue shall be taken to the Principal and a plan of action will be put into place at the Principal's discretion.

We firmly believe that in order for our student-athletes to learn the importance of self-confidence, communication skills, maturity and conflict resolution skills that they should always be sure to fulfill Step 1 prior to any other course of action. In many instances honest, open and respectful communication between coach and student-athlete can settle most issues.



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EAGLE ATHLETICS

PAPERWORK POLICY

I. There are three prongs to our paperwork procedures:

- a. Athletic Department
 - i. Drug/Alcohol Testing Consent
 - ii. Activity Fee
- b. Nurse's Office
 - i. Physical Forms
 - 1. Health History Form
 - 2. Examination Form
 - 3. Clearance Form
 - ii. Questionnaire & Drug Test Form
 - iii. Consent to Random Drug Testing

*****Interim Form when going from one season to the next within the same school year*****

- c. Athletic Trainer
 - i. Emergency Permission Form
 - ii. Return to Competition Protocol
 - iii. Concussion Fact Sheet
 - iv. ImPact Test Consent Form
 - v. ImPact Test Online
 - vi. Sudden Cardiac Death Pamphlet

II. Paperwork Due Dates

- a. Due dates will be provided well in advance of the start of each season.
- b. There will be multiple dates for WDHS Doctor Sign off's leading up to the season.
- c. One week prior to the start of the season will be the **LAST** Doctor Sign Off date **in order for students to participate on Opening Day of the pre-season.**
 - i. If a student's paperwork is incomplete in any facet they will not participate until that information is completed and turned in to the respected office.
 - ii. The first Wednesday of the first full week of practice there will be a Doctor Sign Off for late physicals.
 - iii. The **FINAL** Doctor Sign Off will be the 3rd full week of the season. After this point there will be no sign off's unless an extreme case in which there has been consistent communication between parent/guardian and Athletic Director.



Mental Conditioning

EAGLE ATHLETICS

ATHLETIC TRAINING

What is an Athletic Trainer?

- Athletic Trainers (ATs) are health care professionals who collaborate with physicians. The services provided by ATs comprise prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. **This definition is approved by the NATA's nomenclature work group and the NATA Board of Directors, January 2013. **

Rules and Regulations 2014-2015

1. All students must sign in and out of the Athletic Training Room.
2. All injuries must be reported as soon as possible to the Athletic Trainer no matter how big or small.
3. Students will be taped on a first come first serve basis during practices. For games, students traveling outside of WDHS will be tended to first, followed by students playing at home, then practices.
4. Taping will run from 2:06-2:36 followed by injury evaluations and rehabilitation. The room will shut down at 3:15 p.m. After 3:15 p.m., the Athletic Trainer can be found on the fields.
5. If a Doctor is visited for injury or illness, a note must be presented clearly stating the date of return to full activity.
6. The Athletic Trainer will not excuse students from class, team meetings, or practice unless prior permission is granted from the supervising teacher or coach.
7. Please respect the items in the Athletic Training Room. If you need something, please ask before grabbing.
8. The Athletic Training Room is not a classroom. I want you to feel comfortable coming to see me, however, please respect my space, your classmates and teachers.
9. Please remember I am one person covering all sports. I will always do my best to give you my full attention but may have other incidents to attend to.

**I will do my best to accommodate the needs of each student athlete. Please respect my decisions and advice as I will always have your best interest in mind. If there is anything I can do to enhance your experience please let me know.*



Mental Conditioning

EAGLE ATHLETICS

MOTIVATION

“THE MARKS OF A GOOD LEADER”

1. The **leader** must know their job.
2. The **leader** must be a good teacher.
3. The **leader** must display courage.
4. The **leader** must show a capacity to get things done.
5. The **leader** must know who to lead.
6. The **leader** must set the standard
7. The **leader** must be determined.
8. The **leader** must possess foresight.
9. The **leader** must possess initiative.
10. The **leader** must excel in teamwork.
11. The **leader** must be calm in crisis.
12. The **leader** must be adept at overcoming difficulties.
13. The **leader** must be consistent.
14. The **leader** must require discipline!



Mental Conditioning

“A GREAT TEAMMATE”

- ...Plays for West Deptford HS because they want to
- ...Is loyal to the people involved with their team and support the team's objectives
- ...Accepts a share of responsibility for West Deptford Eagles successes and failures
- ...Takes initiatives to further their development and that of the team or school
- ...Does not expect teammates/peers/team leaders or coaches to solve all of their problems
- ...Is punctual and keeps their word
- ...Is flexible and prepared to change
- ...Is helpful and prepared to work with everyone within the West Deptford High School Athletic Department
- ...Does not spread rumors
- ...Shows interest in others, respects them and takes their views into account
- ...Is always ready to defend their teammates, colleagues and/or high school
- ...Understands their job
- ...Is open and honest
- ...Learns from their mistakes and avoids repeating them
- ...Works purposely and efficiently
- ...Exhibits self-discipline and stamina
- ...Is self-confident
- ...Works consciously towards maintained and improving quality
- ...Does not seek the limelight at the expense of the others
- ...Seeks a challenge in his task
- ...Is proud that they can be of some value, however it may be, for the ***West Deptford Eagles***



Mental Conditioning

“MENTAL TOUGHNESS”

...is being able to create positive emotions upon command, enabling you to bring all your talent and skills to life in a moment.

...is when you have the positive fighting attitude and enjoy the competition, the sprints, the film review, the physicality of sport, even though it pushes and challenges everything inside of you.

...is the understanding that there can be no reward without consequences. Anything worthwhile comes with a price, but perseverance will lead you to a far-reaching sense of fulfillment.

...is the ability to take instruction and work with teammates and coaches. It is the realization that every opinion shared, can only add and help your ability to perform, pending on your perception.

...is realizing that you control your attitude-whether things around you are good or bad.

...is understanding that events + perception will lead to the outcome. Both factors work hand in hand.

...is knowing that moments wait for no one. Opportunity comes and goes and that is the way of things in any area of life. Winners take as many as they can get, regardless of circumstance.



Mental Conditioning

“PRACTICE ATTITUDE”

Practice attitude is the key to success as a team. Remember, “What you do speaks so loudly that I can’t hear what you say.” Albert Einstein once said, “Example is not the best ways to teach, it is the only way.”

Leaders are leaders because of what they do, not what they say they are going to do. Every player must strive to be an example, demonstrating pride, discipline, toughness, effort and commitment.

“I run on the road, long before I dance under the lights.”

- Muhammad Ali



Mental Conditioning

CONTROLLABLES v. UNCONTROLLABLES

“CONTROLLABLES”

EFFORT

ATTITUDE

FOCUS

CONFIDENCE

COMPOSURE

COMMITMENT

NUTRITION

PREPARATION

REST

REACTIONS

“TAKE RESPONSIBILITY AND ACT ON IT”

“UNCONTROLLABLES”

OPPONENTS

OFFICIALS

CROWD NOISE

INJURIES

WEATHER

FIELD CONDITIONS

POLLS/RANKINGS

MEDIA

***“IGNORE, WORK AROUND OR ADJUST TO THE
UNCONTROLLABLES”***



Mental Conditioning

DIRECTIONS TO COLONIAL CONFERENCE SCHOOLS

Note: Log on to www.highschoolsports.net and WDHS and sport. Click on team schedule and click on opponent for that day and alternate directions for both conference and non conference teams can be found!

AUDUBON HIGH SCHOOL

"Green Wave"

350 Edgewood Ave. Audubon

547-7695

295 North to Route 168 (Black Horse Pike) exit. Exit sign reads "Mt. Ephraim, Bellmawr, Runnemede". Head West on Route 168. The next major intersection is Kings Highway, approximately 3 lights. Turn right onto Kings Highway, go 4 blocks on your left to Edgewood Ave (Gulf station of corner). Turn left onto Edgewood Ave. Travel 2 blocks to school. Fields are behind the school. The gym is at far end of school on Edgewood Ave.

COLLINGSWOOD HIGH SCHOOL

"Panthers"

424 Collings Ave. Collingswood

962-5743

295 North to Route 30 West. Follow Route 30 to Collingswood, turn right onto Collings Ave. (11th light). School will be on the right.

Special Instructions: Baseball, JV/Frosh Soccer, Hockey – play at Knights Part across from high school.

GATEWAY HIGH SCHOOL

"Gators"

Egg Harbor Road Woodbury Heights

848-8200

East on Red Bank Ave., through Broad St. At next light, right onto Evergreen Ave. (Armory and Wawa on corners). At third light turn left onto Barber Ave. Continue straight several miles. School is just past inspection station on right.

HADDON HEIGHTS HIGH SCHOOL

"Garnets"

2nd Ave. Haddon Heights

547-1920

295 North to Route 30 West exit. At first light bear right onto Chews Landing Rd. Turn left onto 2nd Ave. School is on 2nd Ave.

*Special Instructions: Devon Field used for Soccer, Softball & Tennis – Take Station Ave. through the town of Haddon Heights. Bear left at cannons and take the immediate left on 10th Ave. First street turn right onto Prospect Blvd. Devon Ave. is approximately 3 blocks, make left on Devon, fields are on right. 8th * High Field used for Baseball (JV & Frosh) – Station Ave. Cross White*



Mental Conditioning

Horse Pike towards Haddon Heights Park. Make a left on 8th Ave., make left onto High St. Haddon Heights Park – Cross Country; Tavistock CC – Golf; Camden Co Vo Tech. – Swimming.

HADDON TOWNSHIP HIGH SCHOOL

“Hawks”

406 Memorial Ave. Westmont
854-6525

295 North to Route 30 West exit. Take 30 West to Kings Highway (4th light), make right. Take left at fork on Crystal Lake Ave. To Park Blvd. Left on Park Blvd. to Briarwood Ave. Left on Briarwood Ave., then right onto Memorial Ave., school on right.

Special Instructions: Entrance for track meet is on Cuthbert Blvd., school busses are to park across the street in the par.

HADDONFIELD MEMORIAL HIGH SCHOOL

“Bulldogs”

401 Kings Highway E. Haddonfield
429-3960

Route 130 North to Brooklawn Circle. Continue on 130 North. Bear right at The Pennant (night club) onto Kings Highway. Continue on Kings Highway through Haddonfield shopping district.

School will be on left, after shopping district. *Special Instructions: Other than Football, Basketball and Track – Haddonfield HS teams use Boro Fields located throughout the town. Call high school for appropriate field locations for all other sports.*

LINDENWOLD HIGH SCHOOL

“Lions”

801 Egg Harbor Road Lindenwold
741-0320

295 North to Route 30 East exit. Take the White Horse Pike through 14 traffic lights to Gibbsboro Road. Make a left and travel under the PATCO High Speedline overpass.

Immediately make a right onto Egg Harbor Road. School on left.

PAULSBORO HIGH SCHOOL

“Red Raiders”

7th & Delaware St.
423-2222 Paulsboro

Red Bank Ave. West. Go through light proceed under overpass and make left at next light at 295 entrance (but bear right onto access road). Continue straight becomes Crown Point Road.

Continue over bridge into Paulsboro; make right at main intersection (Delaware St.). High school is several blocks down on left. Limited school parking facilities- park on street.



Mental Conditioning

OVERBROOK HIGH SCHOOL

“Rams”

1200 Turnersville Road Pine Hill
767-8000

Access Route 42 South to Sicklerville Jug Handle Exit. Follow Sicklerville Road Approximately 5 miles to intersection of Berlin Cross Keys Road. (At Light - McDonalds on left) Make left at light and proceed past Camden County Technical School (Lake in front of school on left) to Turnersville Road. Make hard left turn on Turnersville Road and Overbrook HS is on the right 1/4 mile.

STERLING HIGH SCHOOL

“Silver Knights”

Warwick Road Somerdale
784-1333

Clements Bridge Road 9 (past Deptford Mall). Bear right onto Evesham Ave. Cross Black Horse Pike (past Triton HS). Go several miles to traffic light (just over railroad tracks and past Magnolia Fire Co.). At light turn right onto Warwick Road. School is several miles down on right.

WOODBURY HIGH SCHOOL

“Thundering Herd”

25 No. Broad St. Woodbury
853-0123

Red Bank Ave., East – Make right onto Broad St. Turn right onto Delaware Street then turn right again at the next street (New Street). Proceed to back of school.



WEST DEPTFORD EAGLE CREED

I believe/ in myself.

I believe/ in my family.

I believe in those/ who are standing beside me.

I believe/ in this program.

I believe/ that together/ we win/ and together/ we lose.

I believe/ that by giving/ our greatest effort/ we can achieve/ our goals.

I believe/ that the road/ to our goals/ *must* be paved/ with hard work.

I believe/ that together/ we are stronger/ than adversity.

I believe/ that together/ we can achieve/ greatness.

I believe/ that together/ we are greater/ than ourselves.

Together ... WE ARE EAGLES!